

# 5 TIPS FOR Taking Care of Your Mental Health

Practice  
Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay  
Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough  
Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice  
Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support  
When Needed

Reach out to family, friends or mental health professionals when necessary.



# Mental Health Tips 2025 Store Hours

**Wolfgang Guggemos**



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web external female genital organs the area between the opening of the vagina and the anus below the labia majora is called the perineum it varies in length from almost 1 to more than 2 inches 2 to 5 centimeters the labia majora and the perineum are covered with skin similar to that on the rest of the body

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web the clitoris has an abundance of nerve endings and is the human female s most sensitive erogenous zone and generally the primary anatomical source of human female sexual pleasure when sexually stimulated it may incite female sexual arousal

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web jan 11 2023 anatomy variations function associated conditions tests the vulva is the external portion of female genital anatomy also known as the pudendum the vulva includes the clitoris and inner and outer flaps known as the labia majora and labia minora these flaps protect a woman s sexual organs urethra vestibule and vagina

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